

TRACKING ...

NEWS



Hispanic heritage event scheduled

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Counterinsurgency topic of post event

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UP CLOSE



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The Fort Jackson Leader



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Prevention

Domestic violence awareness day set

By **CRYSTAL LEWIS BROWN**
Fort Jackson Leader

According to the S.C. Coalition Against Domestic Violence and Sexual Assault, rape crisis centers across the state served more than 5,000 victims in 2010. And of those, 74 percent knew their attacker.

Tuesday, Fort Jackson's Family Advocacy Program staff members are hoping to shine a light on domestic violence in hopes that prevention awareness will help reduce those numbers.

A half-day of activities in recognition of Prevention of Domestic Abuse Community Awareness Day will begin with a Walk

IF YOU GO

A walk in honor of domestic violence victims is scheduled for 8:30-9 a.m. and will begin and end at the Joe E. Mann Center. Seminars will begin at the Joe E. Mann Center at 9:50 a.m. and topics include domestic violence laws, military-specific guidance and statewide domestic violence programs and resources. A domestic violence survivor will speak at 12:20 p.m.

Against Domestic Abuse at 8:30 a.m., followed by guest speakers from the Family

Advocacy Program, the state Attorney General's Office and the Department of Social Services. A domestic violence survivor will also speak. This year's theme is: "Together we can end domestic abuse — act now."

"The main thing is to promote education and awareness," said Kimika Louis, one of the Family Advocacy Program's victim advocates.

The day's seminars will highlight the differences between reporting procedures for military and civilian agencies, as well as the resources available for victims of domestic violence.

See **ADVOCACY**: Page 13

Treat yourSELF



Photo by JAMES ARROWOOD, command photographer

Kim Milano cooks a healthful recipe during a demonstration at the SELF Symposium Friday. Milano was one of several workshop facilitators and presenters at the symposium, which was aimed at Fort Jackson spouses. Topics included spiritual, physical and social fitness. See story, photos Page 6.

Hotoberfest event promotes fire safety

Fort Jackson is getting ready for its fifth annual “Hotoberfest” and fire station open house to promote fire prevention and safety. Each year Directorate of Emergency Services and Family and Morale, Welfare and Recreation organize an open house and carnival that are as educational as they are entertaining. This year’s events, which will run from 10 a.m. to 1 p.m., Saturday at the fire station, will not disappoint.

The fire department’s open house and FMWR’s Hotoberfest will kick off National Fire Prevention Week for the Fort Jackson community. This year, fire prevention week runs from Oct. 9 through Oct. 15. The theme for National Fire Prevention Week 2011 is, “Protect your family from fire,” which focuses on teaching families about the causes of house fires, how to prevent them from happening and what to do in the event of a fire.

Fire safety is neither a one-day nor a one-week event. Fire safety is something that we need to completely comprehend and practice year round. It’s a very serious topic and a subject that calls for continuous awareness and periodic inspections. The stark reality is that each year, nearly 3,000 people in the United States die in house fires. This past year, that number went up.

MAJ. GEN. JAMES M. MILANO
Fort Jackson
Commanding
General



According to the National Fire Protection Association, fires were responsible for 3,120 deaths in 2010. NFPA also reported that approximately 85 percent of all fire deaths occurred in the home and 384,000 fires — or 80 percent of all structural fires — occurred in residential properties.

The encouraging news is that many fires like these can be prevented. One of the best prevention devices found in the home is the smoke alarm. However, smoke alarms need to be maintained, and we need to make sure that we know and rehearse what actions to take if the alarm sounds. Smoke alarms can mean the difference between life and death. It is critical that they are

functioning should a fire break out. Functioning smoke alarms reduce the odds of dying in a fire by 50 percent. That’s an important statistic and something that we need to remember when we are forced to replace a battery or two at an inconvenient time.

In addition, smoke alarms must be located on every level within the home, outside each sleeping area and inside each bedroom. If a smoke alarm is older than 10 years old, it is no longer effective and needs to be replaced with a new one. In order to ensure that smoke alarms are working properly, we need to test them at least once a month to make sure the batteries are good and if an alarm begins to chirp, replace the battery immediately. Also, never remove or disable a smoke alarm. Housing residents on Fort Jackson should contact Balfour Beatty if they have any concerns about their alarms.

I encourage you to spend some time at the fire department open house and Hotoberfest and make yourself familiar with some of the ways that you can practice good fire safety. In the meantime, make sure everyone in your home knows how to respond if a smoke alarm sounds.

Army Strong and Victory Starts Here!

The Fort Jackson Leader

Fort Jackson, South Carolina 29207

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Covenant commitment endures

Four years ago this month, the Army announced the Army Family Covenant, which promised to provide Soldiers and families a quality of life commensurate with their service.

To help Soldiers and families stressed by years of war, the Army substantially increased funding for programs in areas such as Soldier and family services, behavioral health, housing, child care, education and employment.

Today, headlines about defense budget cuts are prompting people to ask whether the Army is going to keep its promises. The short answer is yes. Leaders change and situations change, but the Army’s commitment to Soldiers and families endures.

Under the AFC, the Army developed and enhanced a range of programs that build Soldier and family strength, resilience and readiness. These programs include Survivor Outreach Services, Child, Youth and School Services, New Parent Support, the Military Spouse Employment Program, Strong Bonds and the Wounded Warriors Sports Program.

Under the AFC, the Army has provided new and renovated housing for thousands of families and single Soldiers, and constructed more than 150 new child care and youth centers. The Army has increased the number of Military Family Life Consultants, who provide confidential non-medical counseling for Soldiers and families, and the number of behavioral health care providers, who provide behavioral health services before, during and after deployment.

Under the AFC, the Army has worked hard to reach the whole Army family, including geographically dispersed Soldiers and family members. Toward that end, the Army supports a number of services away from installations, such as community-based child care and Army National Guard Family Assistance Centers, and provides Army OneSource, which enables 24/7 access to information and services regardless of location.

At a time when the Army is restoring its balance, the AFC has been the catalyst for enhancing and standardizing the quality of support for Soldiers and families. And now it is time to ensure our investment has made a difference in the lives of Soldiers and families.

Program review has been built into the Army Family

LT. GEN. RICK LYNCH
IMCOM
Commanding
General



Covenant from Day One. It has always been part of the AFC plan to assess program effectiveness, consolidate, and make adjustments, to ensure there is no overlap or gaps between programs. So the current fiscal situation does not change our course but it does put more gas in our tank. It intensifies the need to streamline and make sure we continue to provide the most valuable programs.

For the programs under the AFC umbrella, the majority of which are run by Installation Management Command, customer feedback is a critical part of our ongoing evaluation. We gather customer feedback partly by looking at which services are used most often, and partly by asking customers about their experiences, through garrison focus groups and surveys such as the Army OneSource Army Family Covenant survey, which was completed in September.

We will be asking for feedback again in January, when Soldiers, family members, civilians and retirees will receive a survey on their needs, usage and satisfaction with Family and Morale, Welfare and Recreation programs. I urge everyone to take this and every other opportunity to tell us about the programs and services that are valuable to you. Your feedback impacts decisions about programming.

Like every other government organization, every business, and every family, we are taking a close look at our use of resources during this time of fiscal uncertainty. We have to determine the most efficient, most effective ways to reach out to the entire Army family and provide support in the areas of greatest need. But we are starting from a clear, non-negotiable bottom line: The Army will keep its promise to Soldiers and families.

Post to celebrate Hispanic heritage

By **SUSANNE KAPPLER**
Fort Jackson Leader

The Fort Jackson community will have the opportunity to experience Hispanic culture at the installation's annual Hispanic Heritage Month celebration, which is scheduled for Oct. 15 at Patriot Park.

The event, which is hosted by the Soldier Support Institute, is free and open to the public.

"Hispanic culture is thoroughly woven into the fabric of America. Hispanic Heritage Month gives us the opportunity to recognize how important and integral it is to our society," said Brig. Gen. Mark McAlister, the SSI's commanding general. "In the Midlands, that means enjoying the music, food, dance and other traditions of more than 16 different cultures. I am really looking forward to the events on post and around the region."

Sgt. 1st Class Maurice McGhee, the SSI's equal opportunity adviser, said Latinos throughout the area look forward to the Fort Jackson event.

"We have a great Hispanic community here. Some of the Hispanics here put a lot of emphasis on (the celebration) being a festival as opposed to a luncheon. They just want to celebrate their heritage with other Americans."

The celebration will start with an official ceremony at 11:30 a.m. and will continue with live entertainment, dancing and food until 6 p.m.

"I'm excited about it," McGhee said. "It's a culture that everybody can enjoy."

The guest speaker for the ceremony will be Myriam Torres, clinical assistant professor at the University of South Carolina's Arnold School of Public Health and director of the Consortium for Latino Immigration Studies.

Torres, a native of Colombia, came to the United States in 1989 to pursue a master's degree in public health. She now holds a doctorate in epidemiology and researches health issues among Latinos living in the United States.

Torres said that according to the 2010 census, South Carolina is the state with the largest growth in Latino population, which underscores the importance of celebrating Hispanic heritage.

"I think it is important because of the contributions that Latinos are giving to this country in many ways. We are in every layer of society — from migrant workers ... to educators to politicians to athletes," she said. "Also, Latinos have been in the makeup of this country



TORRES

(from) the very beginning."

Torres said that her experience as a Latina has been twofold.

"I really found that if you have the qualifications, you can get a job," she said. "I was treated fairly, and my qualifications were taken into account."

However, Torres said that some Latinos with whom she works throughout the state experience hurdles that can be hard to overcome.

"The population I work with is facing lots of barriers to get health care, to understand the vocational system (as well as) economic barriers," she said. "It is the

same, and sometimes more, than (for) native populations."

Torres said she hopes that the celebration will be attended by Hispanics and non-Hispanics alike.

"I want to talk about some of the achievements of the Latino community, about the good things we bring to the states and the United States," she said. "We, as Latinos, are more than what the media say, and sometimes more than what the politicians say. And all of us are contributing to the United States."

Susanne.Kappler1@us.army.mil

Job fair



Photo by CRYSTAL LEWIS BROWN

Master Sgt. Brian Bland, with the Shaw Air Force-based 3rd Army, signs up for information from Roadmaster Driver School, one of the more than 65 employers who attended the Fort Jackson job fair Tuesday at the Solomon Center. Nearly 1,000 community members from on and off post, attended the fair. Employers were hiring for local, national and overseas positions which ranged from law enforcement to medical services.

Food Expo serves taste of Army



Photos by SUSANNE KAPPLER

Zachary Jenkins, who works with the Directorate of Emergency Services, helps himself to a sample of one of the food items offered at the sixth annual Food Expo Tuesday at the NCO Club. Visitors also had the chance to register for door prizes, which were awarded throughout the event.



Food vendors presented a variety of breakfast, lunch, dinner and snack items during the expo. Visitors were invited to taste free samples of freshly prepared meals to get a glimpse of what kind of food items are served in Army dining facilities. Exhibitors also gave away packaged food, such as snacks and yogurt, as well as fresh fruit.

Symposium offers encouragement, fun

By CURSHA PIERCE-LUNDERMAN
Fort Jackson Leader

Fort Jackson spouses enjoyed a day full of encouragement, education and laughter at the first Spouses Embracing Life Fully, or SELF, Symposium on Friday at the Solomon Center.

Marilynn Bailey of Army Community Services organized the event, which was the brainchild of Kim Milano, spouse of Fort Jackson's commanding general. Bailey said she used the Comprehensive Soldier Fitness program as a model for symposium topics.

"Ms. Milano's vision was to have a spouse conference. A committee of senior leader spouses and ACS staff developed the SELF Symposium," Bailey said.

Symposium workshops were aimed at teaching spouses about resiliency, family enrichment activities, arts and crafts, vacation planning and physical fitness.

The event's keynote speaker was Mamie McCullough, a mother of three, author, teacher and philanthropist. McCullough encouraged spouses and kept them laughing with costumes and comical stories about her life and revelations.

"Every day, we should try to be better than we were yesterday," McCullough said.

She also suggested that spouses take action in their lives instead of complaining about why things have happened.

"I want you to be a *what-ter*, not a *why-ner*. Ask what you can do to change things, don't cry about why things are the way they are," McCullough said.

Each spouse was given a copy of McCullough's book and a hug from the affec-

tionate speaker.

Instructors from the Master Resilience Training conducted seminars for spouses to help in dealing with emotions, problem solving and stress management.

"Emotions have a profound impact on everything we do," said MRT instructor David Ricciuti. "Our goal is to understand how they work so we can keep issues in perspective."

Spouses were taught how to use meditation, mindfulness and behavior monitoring to become aware of their emotions and navigate through stressful situations.

Family and Morale, Welfare and Recreation Fitness Department staff members showcased the on-post resources available for staying physically healthy.

"Physical Fitness is a key component of the Soldier Comprehensive Fitness model of Healthy Bodies, Healthy Minds," Bailey said.

Pamela Greene, FMWR fitness programmer, answered questions and participated in demonstrations of Zumba, step aerobics, kettlebells, yoga and pilates that could be done in the home.

"We wanted to show people the resources we have to help them stay healthy. We have new massage therapy services available for people to come take advantage of also," Greene said.

Bailey said that ACS has received so many positive comments about the event that there will be symposiums in the future.

"It was a wonderful and eye-opening conference," said Air Force spouse Regina Hinnart. "This has reminded me to take time for myself because we all get wrapped up in the kids so often. This was great."

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Above photo, Mamie McCullough, a motivational speaker who was keynote speaker for the SELF Symposium Friday, gives spouses a comical representation of her low point in life. McCullough encouraged spouses to present their best selves in all situations and consider each day a new opportunity for greatness. At left, Lisa Dula, left, models her newly crafted earrings while Amanda Mulherin, middle, finishes her beaded necklace in the Hobby Connections seminar during last week's SELF Symposium. Also pictured, far right, is Carla Atkinson, director of Fort Jackson's Army Community Services. Leslie Love, not pictured, who taught the hobbies seminar, discussed ways spouses could connect with others through common interests and hobbies.

Photos by
CURSHA PIERCE-LUNDERMAN

Housing Happenings

COMMUNITY UPDATES

❑ The new trash/recycling collection route will be as follows:

Mondays: Faison, Imboden (from Brown toward Mills), Bremer, Benjamin, Mills, Bailey, Brown, Chesnut (5904, 5902, 5906, 5908), Boone, Bradley, Batson, Baker, Muse, Willet, Mood, Sims, Wilson, Owens, McManaway, Sexton, Prause, Capers and Wells.

Tuesdays: Custer Loop, Pershing, Victory Landing, Furman Smith, Legge, McLeod, Carey, Chesnut, Burt, Bryant, Hartley, Hunt, Terrell, Parker, Thomas, Imboden (from Parker to Chesnut), Lozada, Shoup, Muller and McWhorter.

Wednesdays: All bulk trash and recycling. Please be mindful of collection times and return all bins to their proper storage areas as soon as possible after collection. Call 738-8275 for any questions.

❑ A community yard sale is scheduled for 6 a.m. to 3 p.m., Oct. 22 at the Solomon Center. Residents will determine the cost of their items and retain the full profit from any sales. On- and off-post shoppers are invited to attend. Contact 751-9339 to reserve a table and receive more information.

❑ Call Balfour Beatty at 738-8275 for details on pro-rated rent for October.

CONSTRUCTION UPDATES

❑ To date, 485 homes have been completed.

❑ A total of 916 homes have been demolished to date.

❑ Senior noncommissioned officer homes are becoming available in the area near Evans Court and Willet Road.

❑ Drywall installation and electrical work is under way in homes on Hunt, Harley and Thomas courts.

Proper clearance, access part of security awareness

From the Installation Security Office

October is Security Awareness Month, and because all DA personnel are required to have some type of background check and are responsible for safeguarding information, now is a good time to remind everyone of some key points with regards to personnel and information security.

When it comes to personnel security, most people are already aware that there are different classification levels: unclassified, confidential, secret and top secret. But once you are granted a clearance, do you know how long it is good for? Does someone call you and tell you that your clearance is expired?

All military personnel are given a National Agency Check with Law and Credit investigation. With a NACLIC, military personnel are then eligible to be granted up to a secret-level clearance. Civilian personnel are either given a National Agency Check with Investigative Inquires — if they don't need a clearance — or an Access National Agency check plus Written Inquiries and Credit Check — if they need up to a secret-level clearance.

In order to be given access to top secret, a Single Scoped Background Investigation is done. Secret clearances are good for 10 years and top secret clearances for five years from the date the Office of Personnel Management closes the investigation, not the date that Central Clearance Facility grants the clearance.

During this 10 or five-year period, personnel are then granted access based on a "need to know" basis by the local command. So, just because a person has a clearance does not automatically mean

SECURITY MANAGERS

UNIT	NAME	PHONE
171st	Master Sgt. Angela Andrews	751-7242
	Staff Sgt. Robert Gibson	751-9607
4-10th	Capt. Michael Davis	751-3101
17th MP	Staff Sgt. Terry Strickland	751-3115
187th	Staff Sgt. Oma Treleaven	751-7556
DSS	Staff Sgt. James Green	751-6232
193rd	Sgt. 1st Class Eric Richmond	751-6708
165th	Sgt. 1st Class Stephen Harris	751-3422/3444
SSI and Garrison	David Morrison	751-2117
369th	Lawrence Korn	751-5080
Student Detachment	Lovell Sample	751-6504
USACHCS	Deborah Peek	751-8205
DOL	Patricia Shorter	751-4137
DPW	Bill Fanning	751-5045
DA Police	Frederick Paxton	751-5029
DHR	Mr. Harvey Shiver	751-6024
NEC	Juliette Green	751-5332

that he or she is granted the access or is allowed to handle any and all types of classified information. Although security managers do monitor clearance levels, ultimately, it is an individual's responsibility to know when his or her clearance will expire and ensure that the process is started within 30 days of expiration.

The Information Security Program primarily pertains to classified national security information, controlled unclassified information to include the use of For Official Use Only (FOUO), and sensitive but unclassified (SBU) information.

AR 380-5, Department of the Army Information Security Program, covers classification, downgrading, declassification, transmission, transportation and safeguarding of information. Its main purpose is to provide guidance when han-

dling documents which require protection that affects our national security.

It is important for organizations to know that in order to have access to classified documents, the appropriate clearance, access granted by the local command and a "need to know" for that information is required. If there is a need to transport classified information even within the post, personnel are reminded that Courier Cards are a requirement. Your security manager can also provide other guidelines required for transporting documents.

Security managers listed in the box are assigned perspective units on Fort Jackson and should be a person's first stop for anyone having questions or concerns regarding Personnel or Information Security.



- Oct. 7 — 4 p.m.
Diary of a Wimpy Kid 2 PG
- Oct. 7 — 7 p.m.
Fright Night R
- Oct. 8 — 4 p.m.
30 Minutes or Less R
- Oct. 9 — 4 p.m.
The Smurfs PG
- Oct. 12 — 1:30 p.m.
Rise of the Planet of the Apes PG-13
- Oct. 12 — 7 p.m.
Fright Night R

Adults: \$4.50
Children (12 and younger): \$2.25

Visit www.aafes.com for listings.



Clinic opens

Moncrief Army Community Hospital opened the renovated McWethy Troop Medical Center with a ribbon cutting ceremony Tuesday. From left, Maj. Gen. James Milano, Fort Jackson's commanding general, Col. Ramona Fiorey, MACH commander, Lt. Col. James Bean, clinic officer-in-charge, Sgt. 1st Class Cleveland Randolph, with the Drill Sergeant School, and Lavern Meggette, who served as project manager for the renovation.

Photo by JAMES ARROWOOD, command photographer

News and Notes

MACH CLOSURE

Moncrief Army Community Hospital will be closed for a training holiday Friday. The Urgent Care Clinic, Troop Medical Clinic and the laboratory will remain open.

GATE 4 CHANGES PROCEDURES

Beginning Wednesday, Gate 4 will be open only to inbound traffic from 6 to 10 a.m., Wednesdays and Thursdays. During these times, motorists will not be able to exit the installation through Gate 4.

GATE 1 SHOP CHANGES HOURS

The Gate 1 Express (formerly called the Shoppette) is now open from 7 a.m. to 6 p.m., Monday through Friday and from 10 a.m. to 6 p.m., Saturday and Sunday.

HISPANIC HERITAGE EVENT SET

Fort Jackson's National Hispanic Heritage Month celebration is scheduled for 11:30 a.m. to 6 p.m., Oct. 15 at Patriot Park. The celebration will provide a variety of entertainment and food vendors, and guest speaker Myriam Torres, director of Latino Immigration Studies at the University of South Carolina's Arnold School of Public Health, will serve as guest speaker.

INFORMATION LOST

A compact disk containing personal information of nearly 25,000 non-appropriated fund retirees was lost in the mail in August. Retirees whose information is at risk have been sent notification letters. IMCOM has established a 24/7 hotline for concerned retirees. The hotline number is (210) 466-1640.

PHOTOGRAPHERS WANTED

Submissions for the Army Digital Photography Contest are accepted through Oct. 16. The contest is open to Soldiers, DA civilians and family members. For more information, call 751-0891. To submit photos, visit <https://apps.imcom.army.mil/APPTRAC>.

CONSTRUCTION ONGOING

The installation of a new storm drain is causing road closures in the vicinity of Moncrief Army Community Hospital. The closures affect parts of Stuart and Hill streets.

Access to the lower level parking area will be limited. Employees should use the overflow parking area along Stuart Street.

Fire festival emphasizes prevention, safety, fun

By THERESA O'HAGAN

Family and Morale,
Welfare and Recreation

The Fort Jackson Fire Department Fire Prevention Kick-off Carnival is scheduled for 10 a.m. to 2 p.m., Saturday. This year's theme is "Protect your family from fire."

"Fire Prevention Week allows for all members of the fire service to be active members of their communities with helping to educate families on key issues in and out of the home that can keep them safe from fire," said Jasper Jones, a fire protection inspector with the Fort Jackson Fire Department. "It's a great responsibility, but one that we take great pride in here at Fort Jackson in ensuring that fire ... safety continues to be our top mission."

Fire Prevention Week was established to mark the Great Chicago Fire; the tragic 1871 inferno that killed more than 250 people, left 100,000 homeless, destroyed more than 17,400 structures and burned more than 2,000 acres.

Organizers of Fort Jackson's event said the event has grown since it began in 2007.

"The event has grown by leaps and bounds with the help of Family and Morale, Welfare and Recreation and Balfour Beatty, who first partnered with us in 2008," said Fire Inspector Aniello Sita.

FMWR is providing a rock wall, slide and other logistical support. Child and Youth Services, which participated last year, will provide face painting and the bounce house.

The fire department and Balfour Beatty Communities distributed fliers and gift bags at each of the on-post schools to generate interest and excitement for this year's event.

Balfour Beatty is also providing food for the event and has donated Razor Scooters to be given away at the event.

Activities for the festival include fire station tours, firetruck tours, bedroom evacuation trainer, smoke detector testing, House Fire! — a firefighting game, fire safety information, Sparky the Fire Dog, Boots the Clown doing balloon animals and a fire safety house. The 282nd Army Rock Band will provide musical entertainment.

The fire department also gave a homework assignment to all school-age children. Children who bring their assignment to the event will receive a T-shirt.



Leader file photo

This year's Fire Prevention Kick-Off Carnival is scheduled for Saturday and includes a number of activities regarding fire safety and prevention.

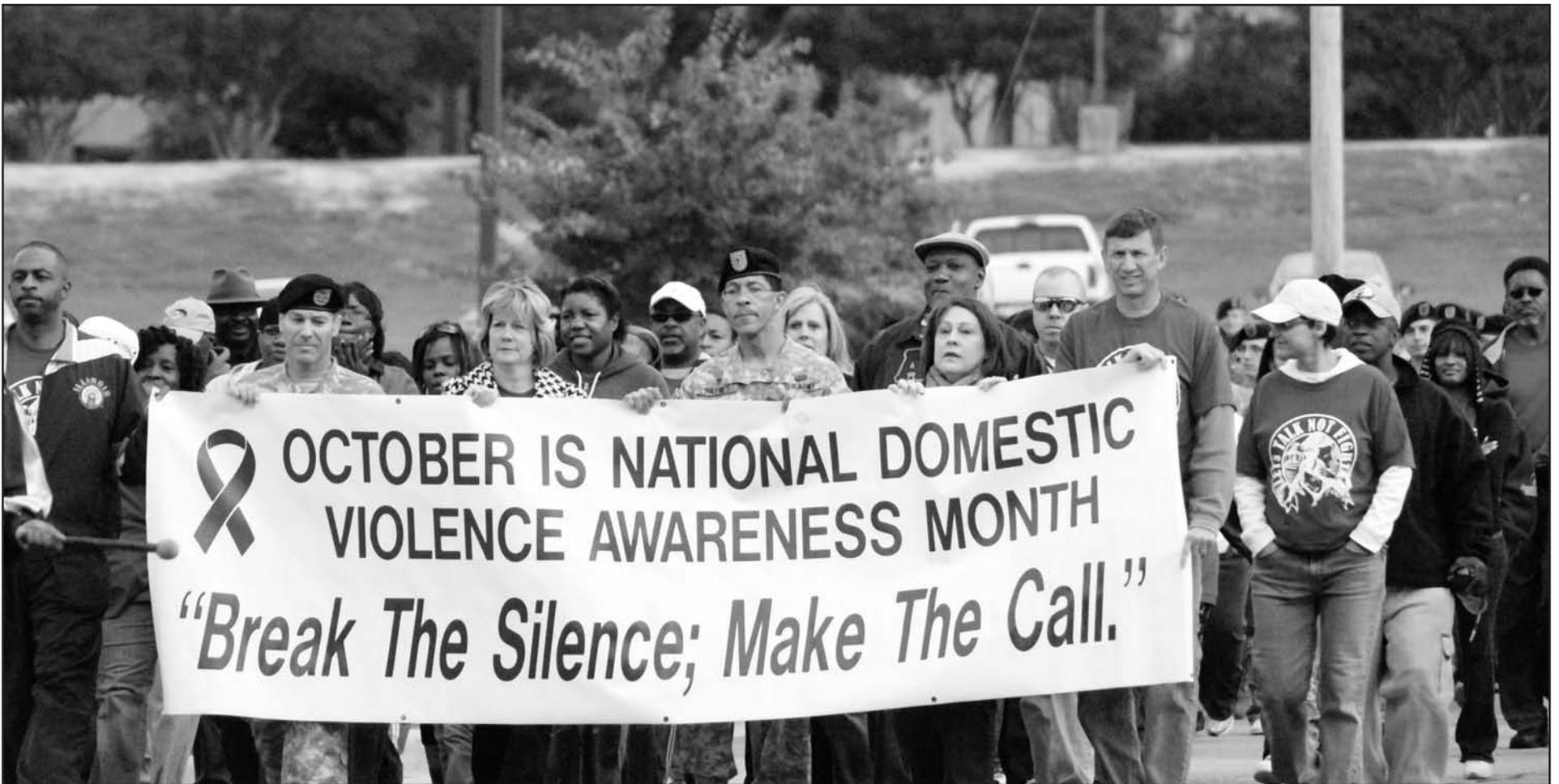
"Fire Prevention Week is the premier activity we are involved in throughout the year. It allows our firefighters an excellent opportunity to provide in-depth fire safety training to the community, especially school age children," said Fire Chief Bill Forrester, Directorate of Emergency Services, FJFD. "We expect this year's kick-off firehouse carnival and open house

to be a huge success, thanks in part to the many different organizations around post who have enthusiastically agreed to partner with us to ensure the vital message of fire safety is provided to the entire community. The fire station doors are always open for assistance or just a visit, and remember this year's theme, 'Protect your family from fire.'"



Want more Fort Jackson news?
Watch Fort Jackson video news stories
and Victory Updates
at <http://www.vimeo.com/user3022628>





Leader file photo

Fort Jackson community members take to the streets in support of domestic violence awareness and prevention during this 2009 march. This year's Domestic Violence Awareness Month activities will begin 8:30 a.m., Tuesday with a walk that begins and ends at the Joe E. Mann Center.

Advocacy program offers help, resources for victims

Continued from Page 1

Fort Jackson's victim advocates say that it is important for everyone, not just victims, to attend the day's events so that commanders, co-workers, friends and loved ones know how to help those who may be in need.

For example, said Kamala Henley, another victim advocate, "Commanders need to understand the dynamic of what the victim is going through. The victim often feels that the (military) is on the Soldier's side."

That's one reason Fort Jackson's victim advocates make clear what resources are available on post so that victims know that help is available, regardless of a military member's affiliation or rank.

"If they call at 3 o'clock in the morning, we can get them to a shelter right away," Louis said.

Louis and her fellow victim advocates said that another part of awareness is removing the stigma that sometimes surrounds reporting domestic abuse. The team also stresses to victims that it is up to them whether they stay — or leave — an abusive relationship. It is also up to the victim whether the victim advocates report the abuse to a Soldier's chain of command or not. Often, said Louis, this is one of the

victim's first chances to make such a decision.

"We give them the freedom to stay (or not). If they decide to go back, that's fine. We let them know, "Here's a safety plan. We're here for you. Whatever decision you make, whatever way you want to go," said Shenitha Shiver.

Louis added, "Giving that victim the option to choose is the most important thing."

The victim advocates provide those who seek help with a safety plan that includes information on what to do in a potentially dangerous situation and also provides instructions on how to leave an abusive relationship. They also provide victims with a bag they can quickly take with them if they need to leave quickly. The advocates suggest that victims keep the bag, which should include such essentials as passports, identification cards, children's birth certificates, school transcripts and medications, with a trusted friend or family member.

All the victim advocates stressed that a victim's first priority should be the safety of themselves and any children.

"It's not about being a snitch ... it's about safety," Shiver said.

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MORE TO KNOW

Domestic violence prevention experts say that often, the most dangerous time for victims is when they attempt to leave their abusers. Here are a few tips and resources for those who may be in, or is attempting to leave, an abusive relationship.

Know the red flags. Abuse may not always begin as physical abuse. Some red flags include: using coercion and threats; using intimidation; using isolation (controlling access to military I.D. card, family and friends); using children (refusing to help with the children, threatening to hurt them); using economic abuse (not sharing pay records, preventing financial independence); claiming military/male privilege; minimizing, denying and blaming ("It's your fault"); using emotional abuse.

Have a plan in place for leaving. Do not leave in the heat of the moment. That could provoke the abuser. Be sure that you, and any children involved, leave during a time in which it is most safe. Also, make sure you have a safe place to stay, preferably in a place that the abuser does not know about that can offer adequate protection.

Have a bag packed. Be sure that your bag includes: a change of clothes, cash, extra keys and copies of important documents. Leave the bag with a trusted friend and family member.

Know your options. Those affiliated with the military have the option to seek help from the Family Advocacy Program victim advocates

and can choose restricted and unrestricted reporting. **Restricted reporting** allows for victims to seek help, but the Soldier (if the Soldier is the abuser) will not have his or her actions reported to his or her chain of command. The restricted reporting officials are: sexual assault response coordinator, unit victim advocate, chaplain or health care provider. No investigation will be initiated.

With **unrestricted reporting**, the Criminal Investigation Division and the Soldier's chain of command will become involved and, if necessary, can initiate a non-contact order or house the Soldier in an alternate location, such as the barracks. An investigation will be initiated. Civilian victims will be referred to the appropriate resources for advocacy and assistance.

If you are involved in an abusive relationship, or if you know someone who may be, contact the Family Advocacy Program Office at 751-6325 to discuss your options. The victim advocates can offer resources and provide help with off-post services, such as protection orders.

If you are in a dangerous situation, call 911. Sistercare, a local program that offers services and shelter for battered women and children, and Fort Jackson victim advocates are available by phone 24 hours a day, seven days a week.

Sister Care Crisis Line: 765-9428

Victim advocates hotline: 429-4870

Source: Fort Jackson Family Advocacy Program.

Reserve general to speak at conference

Special to the Leader

Army Reserve Maj. Gen. David Blackledge will speak on the future role of counterinsurgency operations in the U.S. military at 7 p.m., Oct. 13 at the 81st Regional Support Command Headquarters on Fort Jackson.

Blackledge, the commanding general of the Civil Affairs and Psychological Operations Command at Fort Bragg, N.C., will lecture as part of "War By Another Means: Perspectives on Insurgencies," a conference sponsored by the University of South Carolina Institute for Southern Studies. Blackledge previously served with the 360th Civil Affairs Brigade (Airborne) at Fort Jackson until 1994.

In addition to Blackledge's address, the conference will offer a series of sessions on Oct. 14-15 at the South Carolina Department of Archives and History. The session topics range from insurgencies in China, France, Spain, Algeria to the historical significance of insurgencies in

South Carolina during the American Revolution, the Civil War and Reconstruction to the Rule of Law, which is the legal foundation for how governments conduct counterinsurgencies. Among the highlights will be presentations by USC scholar and retired Army Reserve Col. Walter Edgar, as well as a presentation by Sebastian Gorka, professor at the National Defense University.

"The United States has a long and troubled history against guerrillas that continues today. We need to understand this enemy better because they aren't going anywhere. The irony is that we began our history as



BLACKLEDGE

insurgents during the Revolutionary War," said Edgar, the director of the Institute for Southern Studies.

Capt. Brett Lea, who organized the event, added, "This conference, which brings together experts on many different insurgencies through history and today, will inform our understanding of how best to face this most elusive of enemies."

"I believe this event will be of great interest to members of the military. The topic of discussion will be whether or not the U.S. military will continue to fight counterinsurgencies, and that will affect every person in the military for the next 10 to 20 years."

For more information regarding the conference, visit warbyanothermeans.cas.sc.edu or go to the Facebook page (keyword: War By Another Means).

The keynote event is free to the public. Go to the web site to register for the two-day symposium. The cost is \$20 and includes break food and beverages and a hot lunch on Friday.

Special-needs families offer insight into challenges

By ELAINE SANCHEZ

American Forces Press Service

WASHINGTON — Military families with special needs would benefit from better consistency in services, more effective communication and improved health care education.

A group of specially selected family members offered these suggestions for countering ongoing challenges during an exceptional family member panel held last week at the Defense Department's office of community support for military families with special needs.

Ten families with special needs comprised the panel -- from children with educational or physical challenges to adults with medical problems -- with representation from all services, as well as the active duty and reserve components.

The panel's aim was to help DOD officials "get a pulse" on the challenges special-needs military families face, said Rebecca Posante, deputy director of the office of community support for military families with special needs, which oversees the department's Exceptional Family Member Program.

"We want to make sure what we think are the issues are what the families think are the issues," she said, "and see if we're going in the right direction."

Panel members spotlighted three key areas of concern: consistency, communication and health care, Posante said.

Across the board, panel members raised issues about the consistency of special-needs services across the branches and between the active duty and reserve components. For example, if a Navy member goes to an Army facility, that member should expect to receive the same quality and similar types of services, Posante said. And, people should get the same support regardless of activation status or uniform, she added.

Family members wanted to know, "Why do we get this when we're here, but not in another place?" Posante said.

Panel member Debora Childs, wife of Navy Chief Petty Officer Louis Childs, said she was pleased this issue was brought to the table. The couple has five children, three of whom are enrolled in the Exceptional Family Member Program. Their 11-year-old daughter, Desiree, was diagnosed with sickle cell anemia at birth and has asthma, and their two adopted sons, 14-year-old Jordan and 10-year-old Scottie, have issues ranging from learn-



Courtesy photo

Debora Childs, pictured here with her husband, Navy Chief Petty Officer Louis Childs, and their five children, recently participated in an exceptional family member panel sponsored by the Defense Department's office of community support for military families with special needs.

ing disabilities to autism.

The 17-year Navy spouse said she hopes the department can find a way to make the program universal across the branches to "make sure the language is the same, the application process is the same and the services are the same" for all. That way, she said, if she's living near an Air Force base, she can be assured the experts there will know what types of services she's supposed to receive regardless of her service affiliation.

These consistency issues, Childs noted, can be compounded when moving. Parents want to ensure important services aren't interrupted during transition, she said.

Fellow panel member Army Maj. Charlotte Emery, mother of twin boys and a military lawyer at Fort Belvoir, Va., said she'd like to see better consistency regarding respite care for children. Her 2-year-old sons both are en-

rolled in the Exceptional Family Member Program. One was diagnosed with autism at 18 months and his brother with developmental delays for speech, language and socio-emotional behavior.

Emery said she relies on respite child care for a break from her full-time job and parenting of the twins and her older daughter. Just a few hours for a run or a nap can carry her through the tough days when the boys are running around nonstop, she said. However, the ease of getting a few hours of child care varies from service to service.

"It's disconcerting, when you see such a difference between service branches, especially when we're in such a joint environment," she said.

Military families with special-needs families all start the same process with the same form, she said, and "everything that flows from that form should mirror."

October Promotions

Name	Rank	Name	Rank	Name	Rank
BRYANT, Susan F.	COL	ZOTMAN, Kurt P.	MAJ	MCGOWAN, Hosea L.	SFC
CARTER, Kimberly Y.	COL	BRUFFY, Kyle S.	CPT	MERCED, Edward O.	SFC
HUTSON, Heyward G.	COL	CORDOVA, Sarah D.	CPT	MITCHELL, Sherrie D.	SFC
LIEBE, Leland A.	COL	HERNANDEZ, Miguel E.	CPT	MOORE, Gary E.	SFC
MACKEY, Thomas H.	COL	MARCH, Kevin R.	CPT	OSORIO, William	SFC
DOHERTY, Brendan T.	LTC	MCGUINESS, James P.	CPT	PAREDES, Gilberto	SFC
MONTGOMERY, Raphael B.	LTC	MILLER, Anthony W.	CPT	RODRIGUEZ, Roberto	SFC
SAYRE, Robert	LTC	ERNST, Jessica J.	MSG	ROYAL, Terri T.	SFC
WILEY, Carlos A.	LTC	LARSON, Jeremiah J.	MSG	RUEDA, Andrea	SFC
BARBER, Kenton R.	MAJ	MATTHEWS, Tremayne K.	MSG	STEPHENS, Tiffany M.	SFC
BELL, Richard R.	MAJ	MCBRIDE, Scott J.	MSG	UNTERSEHER, Brad L.	SFC
BERNINGER, Barbara A.	MAJ	ROBERTS, Kimber T.	MSG	VILLARREAL, Jesus	SFC
CHAMBERLAIN, Robert M.	MAJ	ASUNCION, Michael J.	SFC	WEBB, Rosa I.	SFC
CORTEZ, Francisco A.	MAJ	ATCHISON, Clint S.	SFC	WILLIAMS, Claudette N.	SFC
COTTO, Ada L.	MAJ	BROWN, Robert J.	SFC	WILLIAMS, Germaine L.	SFC
COUSINS, Cory J.	MAJ	BUTLER, Brian G.	SFC	ACOSTA, Anger A.	SSG
COWART, Samuel V.	MAJ	CHANEY, Lance S.	SFC	BETTIN, Tyler J.	SSG
FORNEY, Andrew J.	MAJ	DELANCEY, Jerry L.	SFC	DAVIS, William R.	SSG
GARCIA, Jose M.	MAJ	ESCOBAR, Dussan V.	SFC	GADSEN, Bryan J.	SSG
HARRISON, Eric S.	MAJ	GERMAN, David L.	SFC	GOMEZ, Keith R.	SSG
HEATHERLY, Robert J.	MAJ	GONZALEZVIVAN, Rafael	SFC	HARTE, Jesus G.	SSG
HOPKINS, Michael D.	MAJ	GRIFFITHS, Andre D.	SFC	HOLLOWAY, Lee F.	SSG
INGENLOFF, Christopher M.	MAJ	HEIL, Scott D.	SFC	JAMES, Kenyidia A.	SSG
JORDAN, Joshua B.	MAJ	HILL, Latoya S.	SFC	MILLICAN, Stephen A.	SSG
LOGAN, Oyyif K.	MAJ	HOWERTON, Melborn G.	SFC	GIARDINA, Neil T.	SGT
LOONEY, Brian T.	MAJ	HUERTALOPEZ, Edgar	SFC	HINDS, Russell B.	SGT
MILKOWSKI, Rebecca A.	MAJ	HUNT, Fallon A.	SFC	LOZANO, Andrew J.	SGT
MORENO, Ezekiel	MAJ	INFANTE, Andro J.	SFC	RODRIGUEZ, Fulgencio	SGT
MULKEY, William R.	MAJ	JOHNSON, John B.	SFC		
TOBIN, Quetabala L.	MAJ	MCDONALD, Douglas C.	SFC		

Training honors



Capt.
Emily Worthing
Honor graduate
Captains Career Course
Adjutant General School



Capt. (Indonesia)
Mustafa Rajab
International officer
Captains Career Course
Adjutant General School



Capt.
Yon Chung
Leadership award
Captains Career Course
Adjutant General School



Sgt. 1st Class
Brian Kimes
Instructor of the cycle
187th Ordnance Battalion



Sgt. 1st Class
Anthony Rankins
Cadre of the cycle
187th Ordnance Battalion

187TH ORDNANCE BATTALION HONORS

DISTINGUISHED HONOR GRADUATES

Pfc. Jordan Nelson
Pvt. William Hardin

GARRISON TOWN HALL AWARDS

The following employees received awards at this week's Garrison Employee Town Hall Meeting Monday and Tuesday at the Solomon Center.

- ☐ **Commander's Award for Civilian Service**
- Lonnie Chamberlain
- Walter Miller
- Angela Russ

- Gary Taylor
- Brittany Williamson
- Anthony Willis
- Manuela Akins
- Sidney Gutman
- Georgia Jackson
- John Keegan
- Smirna Olivera
- Alfred Parrot

- ☐ **Achievement Medal for Civilian Service**



- James Duncan
- Eugene Foster
- Joshua Franklin
- Emmanuel Johnson
- Kenneth Lloyd
- Elizabeth Maher
- Ronald Tapley
- Deborah Williams
- James Bonkowske
- Ruby Gillem
- Debbie Roomsburg
- Beulah Ware

- Julian Ware
- Kevin Young

- ☐ **Army Certificate of Appreciation**
- Roslyn Canty
- Lashita Johnson
- Elizabeth Matt
- Linda Moorman
- Denise Parker
- Willie Price

Calendar

Saturday

Do it in pink aerobathon — Part II
10 a.m. to 1 p.m., Solomon Center
For more information, call 751-5768.

Tuesday

Domestic abuse community connectivity rally
8:30 a.m. to 1 p.m., Joe E. Mann Center

Thursday, Oct. 20

American Society of Military Comptrollers, Palmetto Chapter meeting
11:30 a.m. to 1 p.m., NCO Club
For more information, call 751-4300/8086.

Tobacco cessation orientation

3 to 4 p.m., MACH, third floor conference room
For more information, call 751-5035.

Friday, Oct. 21

An evening of pink — breast cancer awareness presentation
6 to 10 p.m., Officers' Club
Doors open at 5:30 p.m. Tickets cost \$7.
For more information, call 751-2974/5251.

Housing events

All events are held in the Community Center, 520 Brown Ave., unless otherwise specified. Call 738-8275 for information.

Saturday, Oct. 22

Community yard sale
6 a.m. to 3 p.m., Solomon Center
Shoppers from on and off post are invited to attend. For more information and to reserve a table, call 751-9339.

Announcements

SCHOLARSHIP OFFER

The Council of Colleges and Military Educators is awarding 10 scholarships, five to active-duty service members, five to military spouses. The deadline to apply is Nov. 1. For more information, visit www.ccmeonline.org/scholarships.aspx.

COLEMAN GYM CLOSURE

Coleman Gym remains closed for repairs.

NOMINATIONS SOUGHT

The Marine Corps Heritage Foundation is accepting nominations for people who portrayed or recognized aspects of Marine life, culture, history or work. For more information, visit www.marineheritage.org/awards.asp.

SKIES TRANSPORTATION

SKIES Unlimited is offering on-post transportation to classes for children who attend Child Youth and School Services child care facilities on post. For more information, call 751-6777.

DPW ONLINE SERVICE ORDERS

The Directorate of Public Works online service order system is only available to users who have completed the DoD Enterprise Email migration. Service orders can also be requested by calling 751-7684 or by calling the emergency service hotline at 562-3637.

DHR TRAINING CLOSURES

Some Directorate of Human Resource offices will be closed for training on the third Tuesday of each month. Prior to closing each month, a list will be available indicating which activity will be closed that month for training.

FCC PROVIDERS NEEDED

The next Family Child Care orientation training is scheduled from 8 a.m. to 4 p.m., Oct. 31 through Nov. 4 at the Joe E. Mann Center. Military spouses who live on post and DSS registered off-post child care providers may apply to become certified. Applications are accepted through Oct. 21. For more information, call 751-6234.

DHR CLOSURE

The Directorate of Human Resources offices will be closed Oct. 21 from 10:30 a.m. Alternate locations for ID card emergencies are the Soldier Family Assistance Center, Shaw Air Force Base and the South Carolina National Guard Center.

KNIGHT POOL HOURS

Knight Pool is open from 6 a.m. to 2 p.m. and 4:30 to 7 p.m., Monday through Friday.

SYMPOSIUM ON INSURGENCY

The keynote event for the symposium "War by Another Means: Perspectives on Insurgencies" is scheduled for 7 p.m., Oct.



Perfect aim

Pvt. James Cook hit a perfect 40 out of 40 targets during Basic Rifle Marksman-ship qualification, which earned him the designation "Hawkeye." Cook, a native of Omer, Mich., is assigned to the 3rd Battalion, 13th Infantry Regiment.

Courtesy photo

13 at the 81st Regional Support Command auditorium. The two-day symposium is scheduled for Oct. 14 and 15 at the South Carolina Archives. The keynote event is free. Registration for the symposium costs \$20. For more information, call 777-2340 or visit www.warbyanothermeans.cas.sc.edu.

CIF TESTS APPOINTMENT SYSTEM

Appointments are now necessary for in- and out-processing services at the Central Issue Facility. The facility will test using appointments for 90 days before determining whether to adopt that system on a permanent basis. Soldiers are encouraged to schedule appointments in advance. To schedule an appointment, call 751-6524.

VETERANS DAY BALL

The 171st Infantry Brigade will host its fifth annual Veterans Day ball at 6 p.m., Nov. 4 at the Medallion Center. Tickets cost \$25. For more information, call 751-3311/7110/6253.

THRIFT SHOP NEWS

The Thrift Shop has now switched to accepting winter clothes and is not accepting summer clothes any longer.

The Thrift Shop is now accepting items for Halloween, Thanksgiving and Christmas. Customers should not put holiday items and regular items on the same assignment sheet.

Visit the community calendar at www.jackson.army.mil

for a full listing of calendar events. Community announcements may be edited to comply with Leader style and Public Affairs regulations.

Off-post events

The Fort Jackson Leader accepts only off-post announcements for those organizations or events that directly relate to service members and their families.

RESERVE OFFICERS ASSOCIATION

The Palmetto Chapter of the Reserve Officers Association will meet at 6 p.m., Tuesday at Lizard's Thicket, 818 Elmwood Ave. For more information, visit www.roa.org/sc-ch06.

SUBMISSION GUIDELINES

Send all submissions to FJLeader@gmail.com. For more information, call 751-7045.

For information about classified advertising, contact Camden Media Co. at 432-6157. Classified ads may also be faxed to 432-7609.

For information about display advertising, contact Kathy at 786-5681.

The Leader welcomes letters to the editor. All letters should include the name and hometown of the writer. Letters should also include a phone number for verification purposes.



Follow the Leader on Twitter
at www.twitter.com/fortjacksonpao.
Watch Fort Jackson video news stories
and Victory Updates

at <http://www.vimeo.com/user3022628>

Like us on Facebook. Log on to your account and
search for "Fort Jackson Leader."



Famed explorer, educator makes trek to Fort Jackson

By **THERESA O'HAGAN**
Fort Jackson FMWR

At age 50, Helen Thayer became the first woman to travel alone to the magnetic North Pole. And after a car accident that she was told would leave her unable to walk, she — at 63 — went on to become the first woman to walk all the way across the Mongolian Gobi Desert.

She lived a year among arctic wolves. She went on a kayaking expedition of 1,200 miles in the remotest areas of the Amazon. She was the first woman to walk 4,000 miles across the Sahara desert.

This adventurer, story teller, educator and conservationist told her inspirational and motivational stories to Soldiers and children at Fort Jackson on Sept. 26. She began her visit by taking a short tour of Fort Jackson and then spoke with Soldiers in the Physical Training and Rehabilitation Program at the 120th Adjutant General (Reception) Battalion, followed by the 2nd Battalion, 60th Infantry Battalion.

Thayer is a best-selling author, international speaker and National Geographic explorer who has been named one of the greatest explorers of the 20th Century by National Geographic and National Public Radio.

Thayer spoke about her trek at age 50 across the Arctic to the magnetic pole, alone, except for Charlie whom she calls the real hero of the story. Charlie was an Inuit wolf-dog mix she bought from the Inuit people with whom she lived for several weeks before for her expedition. Charlie was specifically trained and bred to protect the village from polar bears.

During their time together, Charlie protected her from seven polar bears. The last one, a large male, charged at Thayer. She released Charlie from his harness and he leapt onto the bear, biting him on the hind leg.

The polar bear swung around in desperation trying to get the snarling, growling canine off him, but the tenacious and brave Charlie hung on and stayed clear of the bear's huge teeth and powerful claws.

The polar bear broke free and raced across the ice with Charlie in hot pursuit. Thayer watched as they disappeared over the horizon fearing she would never see Charlie again. Would he get lost? Would he be injured or worse, killed by a polar bear? She waited for half an hour.

"I saw this black speck coming toward me," she said. "I hoped it was Charlie and



Photo by **THERESA O'HAGAN**, Family and Morale, Welfare and Recreation
Helen Thayer, who was named by National Geographic as one of the 20th century's greatest explorers, takes questions from children at the Youth Center Sept. 26 after her presentation, Polar Dreams.

then I thought, 'Of course it is, Helen, he's the only black thing out here.'" She said she was so glad to see Charlie that she almost wept for joy. "I learned early in my expedition you do not cry in the arctic," she said. "My eyelids froze shut."

Along her journey, she and Charlie battled extreme cold — Thayer had nine frost-bitten fingers — polar bears, storms and thin ice. With only seven days left in the journey, Thayer lost all her food, most of her water, and half of Charlie's food in a severe storm.

"I still had my daytime snack bag," she said. It held only walnuts. She carefully counted out five walnuts per day. "I only had enough water for a couple of mouthfuls a day," she said. By the second day the hunger and dehydration were testing the limits of her body. "Your mind is stronger than your body," she said. She pushed on, and she and Charlie reached the magnetic North Pole.

After hearing her story, children in the Child, Youth and School Services After School Program had many questions, such as: "How did she bathe?"

"You don't," she said. "It's too cold. The water would freeze." And perhaps the best question of all: "Did you ever ask yourself, 'Why am I even doing this?'"

Now at age 74, Thayer continues to explore the world and meet challenges that others would simply rather avoid. After a lifetime of record-breaking expeditions, after walking the planet's extremes from the poles at 70 degrees below zero, to the Sahara and Gobi deserts at 126 degrees, and kayaking the hot and humid Amazon,

Thayer is planning her next inspirational expedition, to live among the Afar people in Danakil Desert in Northern Ethiopia. There, she and her husband, Bill, 84, will learn to mine salt in the traditional manner of the Afar people.

Thayer started Adventure Classroom as a way to bring her experiences to young people all over the world. Now, through modern technology, a child in South Carolina can talk to and learn from a child in the Gobi Desert.

Thayer's visit was sponsored by the Mast General Store and Family and Morale, Welfare and Recreation.

As for Charlie, he went on to have more adventures with Thayer and her spouse, living like a king at their home in Washington state. Charlie died at 23.

To learn more about Thayer or Adventure Classroom, visit her website at <http://helenthayer.com/> and <http://www.adventureclassroom.org/>.

FMWR calendar

THURSDAY

- ☐ Visit **Century Lanes** for food, fun and bowling.
- ☐ **Victory Bingo**, 2 to 11 p.m.
- ☐ Sleepy Storytime at the **Post Library**, 6:30 to 7 p.m. Come in pajamas and go home ready for bed.
- ☐ **Magruder's Pub and Club** happy hour, 4:30 to 6:30 p.m. Appetizers are available, while they last.

FRIDAY

- ☐ Look what I can do, **Thomas Lee Hall Library**. Call 751-5589 for more information.
- ☐ Visit the **Officers' Club**, 11 a.m. to 1:30 p.m. for the seafood buffet.
- ☐ **Victory Bingo**, starts at 2 p.m.
- ☐ Friday Dollar Daze at **Century Lanes**, 6 p.m. Call 751-6138 for more information.
- ☐ Friday night special at **Ivy Lanes**. Games and shoe rentals cost \$2 each, 5 to 10 p.m. Open to all permanent party service members.
- ☐ Dance to a variety of music provided by DJ Randall at **Magruder's Club**, 9 p.m. to 3 a.m. Magruder's Club is located in the back of Magruder's Pub. Cover charge is \$5 for civilians and \$3 for military. Every other Friday, sing along to Linda's Carraoke Karaoke. Be early for happy hour, 4:30 to 6:30 p.m. Appetizers are available, while they last.
- ☐ Every Friday is Artistic Expression with Jake at 6:30 p.m. in the Teen Room at the **Youth Services Center**.

SATURDAY

- ☐ Participate in the 5K or 10K Volksmarch at 8 a.m., at the **Emergency Services Station**, followed by Hotoberfest, which features kid-friendly fire prevention activities, tours of the fire house, music by the 282nd Army Rock Band and more. Call 781-5239 for more information.
- ☐ **Victory Bingo**, starts at 1 p.m.
- ☐ Step Team practice, 2 p.m., dance room at the **Youth Services Center**.
- ☐ Classic Soul Saturday, 9:30 p.m. to 2 a.m., Excalibur Room at the **NCO Club**. Cover charge is \$5 for civilians and \$3 for military.

SUNDAY

- ☐ Enjoy a traditional Sunday brunch buffet at the **Officers' Club**, 11 a.m. to 1:30 p.m.
- ☐ **Victory Bingo**, starts at 10 a.m.
- ☐ Every Sunday is Family Day at the **Youth Center**, 2-6 p.m.

WEDNESDAY

- ☐ **Magruder's Pub and Club** happy hour, 4:30 to 6:30 p.m. Appetizers are available while they last.
- ☐ Victory Readers Club, 6 to 8 p.m., **Post Library**.
- ☐ **4-H Club** meets 4 to 5 p.m. For grades 1-5. Call 751-1136 for information.

Watch Fort Jackson video news stories and Victory Updates
at <http://www.vimeo.com/user3022628>



Good health care starts with health literacy

By **STEVEN LEAP**

Moncrief Army Community Hospital

Did your last visit to the doctor's office leave you confused? Was it the medical jargon? If medical words leave you confused, you are not alone.

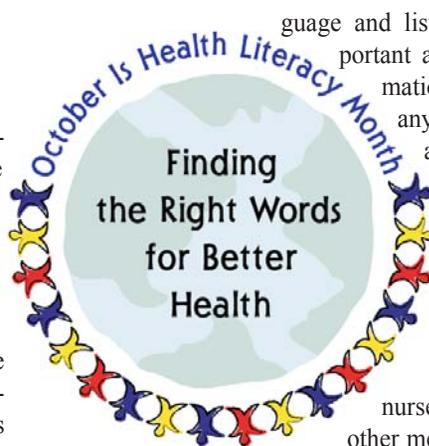
October is Health Literacy Month. Now is a good time to raise awareness about tools and resources to improve your understanding and communication of health information and to become a greater advocate for your own health.

Health literacy is defined in Health People 2010 as: "The degree to which individuals have the capacity to obtain, process, and understand basic health information and services needed to make appropriate health decisions."

To take care of your health and the health of your family, you have to be able to perform such tasks as making and keeping medical appointments, following self-care instructions, filling out insurance forms, understanding informed consent documents, and keeping track of your medicines.

In 2004, the Institute of Medicine released its report, *Health Literacy: A Prescription to End Confusion*. The report states that "nearly half of all American adults — 90 million people — have difficulty understanding and acting upon health information." It then highlights how these difficulties negatively impact health care access, costs, quality, and safety. Persons with limited health literacy use more emergency room services, are hospitalized more, and are more likely to skip important preventive services.

Health literacy is not just about reading skills. Oral lan-



guage and listening skills are important as well. Health information can overwhelm anyone regardless of age, income, race, or background. Also, information provided in a stressful or unfamiliar situation is unlikely to be remembered.

Tell your doctors, nurses, pharmacists and other members of your health care team when you do not understand the information they give you. Do not feel embarrassed or intimidated if you need to ask your health care team to explain instructions. Effective communication and access to understandable health information is a core concept of patient and family centered care.

Good communication between the health care team and the patient create a type of care that centers on the patient as an individual with specific needs. The Joint Commission, an independent, non-profit organization that surveys and accredits health care institutions released a set of new standards for patient-centered communication. Joint Commission surveyors will begin evaluating compliance with this standard beginning January 2012.

The Partnership for Clear Health Communication at the National Patient Safety Foundation suggests using its "Ask

Me 3" program.

This program suggests three simple but important questions you can ask your health care providers: What is my main problem? What do I need to do? Why is it important for me to do this? Also, make a list of questions to bring with you to your doctor so you do not forget to ask them. Take a family member or close friend with you for any medical visit.

Searching for health information on the Internet can be confusing and the sheer volume of information can be overwhelming. Finding good health information is essential.

Always pay close attention to where the information on the site you are looking at comes from. Good sources include government sites like *MEDLINEplus.gov*. Produced by the National Library of Medicine, it brings you information about diseases, conditions, and wellness issues in language you can understand. There are directories, a medical dictionary, tutorials, illustrations and information about clinical trials.

Other reliable site are medical school sites, such as Johns Hopkins University; hospital and other health care facility sites like the Mayo Clinic; and not-for-profit groups whose focus is research and teaching the public about specific diseases or conditions, such as the American Diabetes Association and the American Cancer Society. Remember no one regulates information on the Internet. Be wary of sites advertising and selling products that claim to improve your health.

Remember these sites provide you with information about your disease or condition; you should always consult with your health professional for medical advice.

MACH UPDATES

FLU SHOT SCHEDULE

Seasonal flu shots will be available to eligible beneficiaries 4 and older beginning Thursday. Vaccinations will be given 8 a.m. to 4 p.m., in Room 6-67 at Moncrief Army Community Hospital. October dates are: Oct. 11, 18, 19, 20, 21, 25, 26, 27, 28. Vaccinations will also be given at the Solomon Center, 8 a.m. to 3:30 p.m., Oct. 17, 24, 31.

WOMEN'S SUPPORT GROUP

A support group for family members of Soldiers dealing with substance abuse, post-traumatic stress disorder and conflicts meets 5 p.m., every Wednesday in Room 7-90 of Moncrief Army Community Hospital. The purpose of the group is to provide support, education and encouragement and to address issues in a safe and confidential environment.

RADIOLOGY SERVICES

Army Move! and Sports Nutrition classes are now offered online. To register, visit Army Knowledge Online www.us.army.mil. Under "Self Service," click on "My Medical." Scroll down to the "Ultimate Warrior Community" and register for the Army Move! or HOOAH Bodies communities (directions on website). Army Move! is the DoD program designed to help Sol-

diers and family members lose weight, keep it off and improve their health.

TRICARE PRIME ENROLLMENT

MACH currently has TRICARE Prime enrollment availability for active duty family members and retirees and their family members. Pediatric enrollment is also available. For more information, visit the TRICARE service center on the 10th floor.

MEDICAL HOME ENROLLMENT

Moncrief Medical Home continues enrollment to all active duty family member beneficiaries in all zip codes within the Columbia area. Visit the Fort Jackson TRICARE Service Center on the 10th floor of the Moncrief Army Community Hospital and complete the TRICARE Prime Enrollment and PCM change form.

LASIK SURGERY

The MACH Ophthalmology Clinic offers pre-operative screening exams and post-operative care for Laser Refractive Surgery. The service is available to eligible active-duty Soldiers. The surgery will be conducted at Winn Army Community Hospital at Fort Stewart, Ga. To be eligible, Soldiers must have 18 months left of active-duty service. For more information, call 751-5406.

MACH recognized as 'top performer'

By **CANDICE DELANEY, R.N.**

Moncrief Army Community Hospital

Moncrief Army Community Hospital was recently named one of the nation's top performers on key quality measures by The Joint Commission, the leading accreditor of health care organizations in America, in its 2011 "Improving America's Hospitals" annual report. MACH was recognized by The Joint Commission based on data reported about evidence-based clinical processes that are shown to improve pneumonia care.

MACH is one of 405 U.S. hospitals and critical access hospitals earning the distinction of top performer on key quality measures for attaining and sustaining excellence in accountability measure performance. Inclusion on the list is based on an aggregation of accountability measure data reported to The Joint Commission during the previous 2010 calendar year.

"Today, the public expects transparency in the reporting of performance at the hospitals where they receive care. The Joint Commission is shining a light on the top performing hospitals, such as MACH, that have achieved excellence on a number of vital measures of quality care," said Dr. Mark Chassin, president of The Joint Commission.

MACH is committed to the delivery of health care that is safe, effective, high-quality, and patient-centered. The Joint Commission accreditation survey helps ensure achievement of superior care delivery through evaluation of processes using numerous well established standards.

In addition to being included in the release of The Joint Commission's "Improving America's Hospitals" annual report, MACH will be recognized on The Joint Commission's Quality Check website (www.qualitycheck.org).



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and search for "Fort Jackson Leader."
Follow the Leader on Twitter at www.twitter.com/fortjacksonpao.

Documents outline patients' wishes

From the Legal Assistance Office

What is a health care power of attorney? What about a living will?

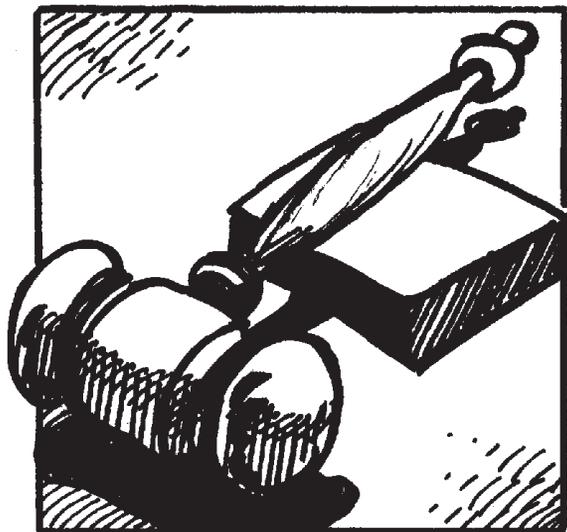
Like most people, you may not want to spend time thinking about what would happen if you became unable to make decisions regarding your medical treatment because of illness, an accident or advanced age. However, it is important to plan for the future and for any eventuality. Otherwise, these important matters could wind up in the hands of estranged family members, doctors, or sometimes even judges, who may know very little about your preference.

Two documents, a health care power of attorney and a living will, are very useful tools in ensuring that your wishes regarding medical care are made known and followed. A health care power of attorney designates another individual to act as your agent in health care decisions in the event that you are no longer able to communicate your desires to your health care providers.

A living will details the type of care you want (or don't want) if you become incapacitated. It covers different health care possibilities and it varies by state both in content and the manner in which it can be revoked. The name, "living will," can be misleading. The document bears no relation to the conventional will or living trust used to leave property at death; it is strictly a place to spell out your health care preferences.

Some states refer to a living will as an "advanced medical directive." In South Carolina, a living will is known as a "Declaration of My Desire for a Natural Death," and applies only when two physicians who have personally examined the patient have determined that a patient is either terminally ill and close to death or in a persistent vegetative state.

It makes known your desire that no life-sustaining procedures be used to prolong your dying if either of those two conditions exists, but rather that you be permitted to die naturally with only the administration of medication



or the performance of any medical procedure deemed necessary to keep you comfortable and to relieve pain.

There are five ways a South Carolina living will can be revoked; destroying the document, preparing a written revocation (signed and dated) expressing your intent to revoke it, orally expressing your intention to revoke it (subject to certain restrictions), through an oral or written revocation by an agent if an agent was authorized in the living will to revoke it, or by executing another declaration at a later time.

Choosing the right medical agent is very important. You need to choose someone whom you trust. This person should know your beliefs and wishes, should be able to easily talk to your doctors and will not hesitate to act on your behalf. Your agent needs to have adequate time to spend seeing you get the health care you prefer. It is a good idea to name an alternate agent who can step in if for any reason your main agent can't serve.

Listing two "co-agents" who would act together on your behalf is not advisable, however, as it can become very complicated if they do not agree on what the best course of action is. The person designated as your agent

will only make health care decisions on your behalf if two doctors, one of whom is independent from your attending physician, determine that you are no longer capable of making health care decisions for yourself.

Even though it may be difficult to think about what you would want, and even more difficult to talk about your wishes with family and friends, it is important to discuss end-of-life issues. Preparing a living will and/or health care power of attorney let you control, at least to some degree, the health care you will receive when you are incapacitated and unable to voice your opinions.

If it is your wish that no life-sustaining measures be taken, executing a living will can also ease the burden on family members who may feel uncomfortable making that decision for you if and when the situation arises.

Unfortunately, only 20 percent of Americans currently have advanced medical directives. If you have not already prepared a health care power of attorney and/or living will, consider doing so now instead of leaving yourself vulnerable should you encounter a life-threatening illness.

The Legal Assistance office accepts walk-ins for health care powers of attorney and living wills on Tuesday and Thursday afternoons from 1:30-3:30 p.m. If you would also like to draft or revise a will, you may schedule an appointment by calling 751-4287.

Fort Jackson Legal Office

The Fort Jackson Legal Office provides legal services — including powers of attorney, living wills and health care powers of attorney — to service members, retirees and eligible family members.

For more information, or to schedule an appointment to speak with an attorney, call 751-4287. Office hours are Monday through Friday, 9 a.m. to 4 p.m.

The office is closed on federal and training holidays. The office is located at 2600 Lee Road.

FIRST RESPONDER

The following are incidents compiled from reports, complaints or information received from the Fort Jackson Provost Marshal Office.

The incidents reflected are not an adjudication attesting to the guilt or innocence of any person and are provided for informational and reflective purposes only.



Maj. Raymond Simons
Director, Emergency Services/
Provost Marshal

Sgt. Maj. Bruce Sirois
Provost Sergeant Major

Bill Forrester
Fire Chief

CASES OF THE WEEK

□ A Soldier was cited for starting an

outside fire on a military installation after Military Police received reports of an active fire pit in a driveway in the family housing area. Starting outside fires is against Fort Jackson Fire Protection and Environmental Services regulations.

□ Two civilians were denied access to the installation after attempting to enter the post with open containers of alcohol, MPs said. The civilians were also charged with possessing open contain-

ers, MPs said.

□ A civilian was denied access to the post after attempting to enter the installation in a vehicle that had tags on it that were registered to another vehicle, MPs said. The civilian was also cited for the license plate violation.

crimestoppers
1-888-559-TIPS
www.midlandscrimestoppers.com

Leader deadlines

Article submissions are due two weeks before publication.

For example, an article for the Oct. 20 Leader must be submitted by today.

Announcement submissions are

due one week before publication.

For example, an announcement for the Oct. 20 Leader must be submitted by Oct. 13.

Send all submissions to FJLeader@gmail.com For more

information, call 751-7045.



Exercise improves more than health

There is so much to be excited about once you decide to take control of your health and begin a healthier lifestyle. You are in for a real treat, because exercise will do wonders for your body. As always, it is my mission to let people know what they can really expect from something new. Knowing how often you should work out and what exercise you should do is important, but knowing the bigger picture about what exercise can do for you is worth discussing, too. You can be ready to:

- feel better
- look better
- act better
- perform better.

One of the biggest challenges beginners typically face is where to begin. There are so many rewards gained from becoming a regular participant in an exercise program, but for many beginners, it can be overwhelming if you do not know where or how to begin. To increase your level of success, it is always good to have a plan. Walking into a gym and not knowing how to work the equipment, the gym hours, proper workout clothes, etc.; all of these things and more play a big role in motivating you or turning you off. Take a moment and make sure that you have prepared yourself for an adventure and journey that will change your life for the better; forever.

FEEL BETTER

When you begin your exercise program, you will immediately begin to feel better. One noticeable change will be sleeping better. The regular dose of exercise helps to set your internal clock so you can fall asleep faster and stay asleep. By exercising 30 minutes a day at least four times a week, you can improve your sleep quality and begin to enjoy a more restful bedtime. Another feel-good benefit beginners experience is more energy. So many believe if they work out it will make them tired. It does just the opposite.

Exercising improves your oxygen intake and blood flow; giving you more energy to do daily tasks that use to challenge you that now are easy. This is a sign

The Weigh It Is
By Pamela Greene
*Fitness programmer,
 Family and Morale, Welfare
 and Recreation*



that your body is becoming more efficient. These are just some of the benefits you can expect with your new exercise program.

LOOK BETTER

Of course, one of the main reasons people are willing to exercise is because they want to look better. When you exercise regularly, your skin gets nourishment that makes it glow and take on a more youthful appearance. Excess inches come off the body rather quickly, making you fit into your clothing more comfortably.

This is one of the reasons why I ask people to try on something they have not worn in a while. It can be quite motivating when other people notice the inches coming off. Exercising will lift and shift your physique making it more pleasing for you. The improvements in your oxygen intake and your blood flow could also show up in your hair growing or getting shinier; your nails growing and getting stronger; your eyes could even brighten. You cannot help but look better when you are taking care of your body with regular exercise.

MOOD BOOSTER

One sign that you are embracing your new exercise regimen is that you begin to act better. Your mind is receiving a work out that helps with depression or aggression. Exercise can be used as just the release you need to help cope with your day. We all have challenges in our daily lives; they are unavoidable, but how we approach and handle emotions is where exercise can make all the

difference. You will even begin to look forward to your workout when your day has been stressful and challenging. Let it lift your mood and lighten your emotional load.

DO EVERYTHING...BETTER

Finally, as you begin exercising on a regular basis, you will see you are performing and doing things better. What was once hard is now easier on your body. You can go up a flight of stairs and your heart rate will rise to the challenge, but then it will calm back down. You make fewer trips to your car to get the groceries because you can carry more than before. You are no longer looking for the closest parking space (you do not mind walking). This list goes on and on. You are in for some real treats and confidence boosters. In addition to the above benefits; your exercise program should have the following sections to ensure that your program is meeting all the needs of your body.

First, you need to get in your cardiovascular exercise. Cardio works the heart (a muscle) and gets things pumping. Try to do something that you like to help ensure that you will stick with it. There are many types of cardiovascular exercises to choose from including: walking, jogging, cycling and dancing, just to name a few. Aim for 20 to 30 minutes a day, five days a week to make it heart healthy and to also see weight-loss results.

The remaining 30 to 40 minutes, you want to include weight-training exercises to help strengthen your muscles and bones. Exercises such as pushups, shoulder presses, and reverse flys are great for the upper body; while squats and leg extensions are very effective for sculpting the legs. Tummy control exercises such as crunches are great and target the entire abdominal region. Finally, you want to end with gentle stretches to help keep soreness to a minimum and to help sculpt that now warm muscle tissue.

If you belong to a gym, ask for an appointment to learn how the equipment works and how to properly adjust equipment so you can get the most out of your gym experience. I will see you at the gym and remember... everything is better when you work out.

Sports shorts

COMMANDER'S CUP BOWLING

Names for Commander's Cup bowling are due to the Sports Office by Oct. 26. Each battalion may have up to three teams of four for each of the tournament's three days. Awards for male/female high game; male/female high series and top unit will be awarded. This is for active duty only.

ADULT SWIM LESSONS OFFERED

Adult swimming lessons are being offered at Knight Swimming Pool. The eight classes are scheduled throughout two four-week sessions. Two time slots are available each session for beginner classes. Register at Marion Street Station or the Solomon Center prior to the start of the session. Cost is \$45 per session. Call 751-4796 for more information.

Session 1: Classes are scheduled for Mondays and Wednesdays, Oct. 10 through Nov. 2. Beginner classes are 11:45 a.m. to 12:45 p.m. or 4:45 to 5:45 p.m. Intermedi-

ate classes are 5:45 to 6:45 p.m., Mondays and Wednesdays, Oct. 10 through Nov. 2. **Session 2:** Classes are scheduled for Mondays and Wednesdays, Nov. 7 through Dec. 2. No class will be held Nov. 23. Beginner class is

11:45 a.m. to 12:45 p.m. or 4:45 to 5:45 p.m. Intermediate class is 5:45 to 6:45 p.m.

SKIES SWIMMING OFFERED

SKIESUnlimited is offering beginner, preschool and Parent & Child swim classes at Knight Pool.

Beginner (ages 6-18) meets 4:45 to 5:45 p.m. The cost is \$45 per session. **Session 3:** Nov. 1, 8, 15, 22.



form. Forms are located at www.fortjacksonmwr.com/skies.

Preschool (ages 3-5) meets 11 to 11:30 a.m. or 11:45 a.m. to 12:15 p.m. The cost is \$40 per session. **Parent & Child** (ages 6 months to 3) meets 12:30 to 1 p.m. The cost is \$35. **Session 3:** Nov. 1, 8, 15, 22. **Session 4:** Nov. 3, 10, 17, Dec. 1. Swimming diapers are required for children who are not fully potty trained. Parent par-

Session 4: Nov. 3, 10, 17, Dec. 1.

Transportation is provided by SKIESUnlimited staff from CYSS facilities. Parents must complete the transportation authorization

participation is required.

SKIES KARATE BEGINS

SKIESUnlimited is offering karate classes for three age groups.

Lil Kickers (ages 3-5) meet 5:15 to 6 p.m., Fridays. Cost is \$35 per month.

Beginner karate (ages 6-18) meets 6:15 to 7:15 p.m., Fridays and 3 to 4 p.m., Saturdays. Cost is \$50 per month.

Intermediate karate (ages 6-18) meets 4:15 to 6:15 p.m., Saturdays. Cost is \$50. All classes are held at the SKIES building, 6100 Chesnut Road. For more information, including attire requirements, call 751-4865/4824. Enrollment is ongoing.

HALLOWEEN HOWL SET

A Halloween Howl 5K and 10K fun run/walk is scheduled for 8 a.m., Oct. 29. Registration is open now through Oct. 27. Registration also will be available 7-7:45 a.m. the day of the event. No bikes or pets allowed.



Ten-Miler

U.S. Army World Class Athlete Program runners Maj. Dan Browne (bib No. 1) and Spc. Robert Cheseret (bib No. 11) flank the front line of fast starters in the 26th running of the Army Ten-Miler on Oct. 24, 2009, at the Pentagon. This year's race is scheduled for Sunday.

Photo by TIM HIPPS, IMCOM

2011 ARMED FORCES GOLF CHAMPIONSHIP

The 2011 Armed Forces Golf Championships took place on Fort Jackson Sept. 28 through Oct. 1. In the men's event, the Air Force team won with a total score of 1,466. In the women's competition, the Navy team won with a score of 632.

Fort Jackson was represented by Peter Holmes, Company D, 369th Adjutant General Battalion, who finished first among Army golfers with a score of 290 and third overall.

The final scores are:

☐ Team results — men

- Air Force: 1,466
- Army: 1,478

— Marines: 1,516

— Navy: 1,550

☐ Team results — women

- Navy: 632
- Air Force: 707
- Army: 715

☐ Individual results — men

- Thomas Whitney, Air Force: 278
- Mark Gardiner, Air Force: 287
- Peter Holmes, Army: 290

☐ Individual results — women

- Nicole Johnson, Navy: 314
- Jackie McClelland, Navy: 318
- Tracie Tolbert, Air Force: 352

Flag football standings

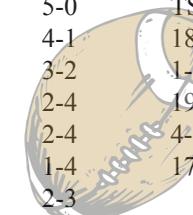
Monday/Wednesday

- 120th 5-0
- MEDDAC 4-1
- 2-60th 3-2
- Roughnecks 2-4
- 2-39th 2-4
- 3-34th 1-4
- 3-60th 2-3
- TFM 2-3

Tuesday/Thursday

- TSB 5-0
- 187th 4-1
- 1-61st 2-1
- 193rd 1-2
- 4-10th 0-3
- 171st 0-5

Standings as of Tuesday



Golf league standings

Intramural

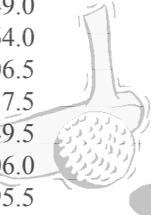
- 120th #1 2833.0
- 3-34th 2749.0
- 2-39th 2564.0
- 1-61st 2406.5
- TFM 2037.5
- 120th #2 1949.5
- 165th 1806.0
- 3-60th 1695.5
- 1-34th 1595.0
- 2-60th 1512.0
- 187th 1356.5
- 4-10th 1249.5

MACH 1057.0

3-13th 1006.5

Recreational

- That's Good 2099.0
- DPW 1993.5
- Old School 1964.5
- Sandbaggers 1933.5
- FMS** 1572.0
- TFM #2 1525.0
- USASSI 1433.0
- Heavy Hitters 1310.0
- Those Guys 1020.5



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